

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



JUNE 2013



**Department
of Aging
Bus Trips**

**Conowingo
Dam**

Friday, June 21
**Mt. Vernon
Area/Baltimore**
Friday, June 28



PICNIC June 5

2

10:30 Exercise

3

11:00 Game
time "UNO"

3

9:00 Strength
Training

**CENTER
CLOSED**

4

SENIOR PICNIC 5
at Urbana
Regional Park-
Hosted by Urbana
Senior Center.
RSVP-5/28

5

9:00 Strength
Training
11:00 Craft time
1:00 Junk Drawer
Detective Puzzle

6

10:30 Exercise
Wal-Mart
Shopping Trip
10:00 - 3:00

7

9

10:30 Exercise
11:00 Game
time "Phase 10"
11:45 Nutrition
Minute

10

11:00 Strength Tr
CENTER CLOSED
Trip to
Roots

11:00 "Ask
Nurse Steve"
How can I keep these
'ole bones healthy and
working well?
2:45 **BINGO**

12

9:00 Strength Training
Special Meal
11:00 "Does Food
effect your sleep?"
1:00 Trivia

13

10:30 Exercise
1:00 Local
Shopping

Flag Day (US)

14



15



Father's Day

6

10:30 Exercise
11:00 "Walt's
Dice Game"
1:00 Music
w/Pete

17

9:00 Strength
Training
**CENTER
CLOSED**
5:00 Card Party

18

11:00 Lunch
out with Friends
1:00 **BINGO** at
Brunswick
House

19

9:00 Strength
Training
11:00 Craft time
1:00 Punch &
Cookies w/girls

20

10:30 Exercise
**Mystery Trip
Sign-Up!**
10:00 - 2:00

Summer Begins

21



22

23

Music
at FSC
June 27
Join us!

10:30 Exercise
11:00 Game time
"Rummikub"
1:00 First
Energy

24

9:00 Strength
Training
**CENTER
CLOSED**

25

12:45 **BINGO**
4:00 Dinner Out
w/Friends

26

Frederick
Senior Center
10:30 - 2:30
Music by "Who so
ever Will"
RSVP by 6/24

27

10:30 Exercise
9:00 Coffee &
donuts
10:00 Mobile
I & A

28

29

**Brunswick
Senior Center**

"Where
everyone is
someone"



*Brunswick Senior Center
Sailing into Summer*

